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Conference Abstracts



Soziale Faktoren des Sport- und Bewegungsverhaltens

Title

Conditions of inclusion for people with disabilities in sport clubs.

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Abstract

Introduction

Sport participation provides important bio-psycho-social benefits of physical activity for people with disabilities (PWD). However, PWD are under-represented in sport compared to a non-disabled population (e.g. Ullenhag et al., 2012). This situation is also applicable to organized sport, as membership rates of PWDs in volunteer sport clubs (VSC) are significantly low (Becker & Anneken, 2012). Moreover, club-based disability sport often remains separate, even though VSCs are considered to have a high potential for providing social inclusion (Østerlund & Seippel, 2013). This paper identifies and considers conditions that affect the inclusion of PWDs in VSCs. Research indicates there are various barriers at a systemic level (e.g. Jaarsma et al., 2014). In VSCs, the systemic club-specific conditions of the club structure, culture, and practices are considered to be crucial influence factors (DBS, 2014). The study's objective is to analyze if these conditions promote or hinder sport participation of PWDs in VSCs.

Methods

Using a case study design, a total of 16 VSCs with training groups for PWDs in the German-speaking part of Switzerland were selected. Eight of these groups are for people with and without disabilities (inclusive setting), and eight groups are only for PWDs (separate setting). Data was collected using a triangulation of instruments applied to conditions at a group and club level. The conditions at a club level were analyzed through a standardized online questionnaire for the club's board, used to gather information about the club structure (e.g. service provision, resources, cooperation) and the club culture (e.g. philosophy, attitudes, knowledge). The group-level conditions were analyzed through problem-centered interviews with training group coaches on established practices (e.g. planning and execution of training, social interaction between participants).

Results & Discussion

Analyses focus on the identification of conditions on both group and club level in both settings. Initial findings reveal there are peculiarities specific to disability sport that differ from non-disability sport (e.g. other sports, larger differences in motor skills, closer supervision, respectful social interaction). Moreover, crucial conditions enabling effective inclusion could be identified (e.g. adaption of training programs, availability of resources, open-minded attitudes). The analysis for comparing the conditions in both settings is still in progress, but will be finalized by the congress.

This study provides new insight into the issue of inclusion of PWDs in VSC, in particular, through the comparison of different settings, which have not been explored in Switzerland to date. Based on these findings, practical implications for club management can be derived to eliminate barriers and develop supportive measures that ensure effective inclusion of PWDs in VSCs.

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